



**Under the direction of  
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# High Caliber Nutrition

# POWER

## PERFORMANCE

THE NUTRITION CONNECTION



















**"Deployment is a  
good time to lose  
a few pounds."**



















**DANGER**  
**HIGH VOLTAGE**














dehydration = fatigue











dehydrated

hydrated

















**"There's no time  
to eat a meal."**











6 AM



6 PM













# high carbohydrate snacks



















**"I don't  
like rations."**





**Replace:**  
carbohydrates  
sodium  
electrolytes  
vitamins  
minerals  
salt



















**"It's too  
hot to eat."**



ENERGY

86°



86



REQUIREMENTS













**"It's too  
cold ..."**

E  
N  
E  
R  
G  
Y

C  
O  
L  
D

R  
E  
Q  
U  
I  
R  
E  
M  
E  
N  
T  
S

















**"I get  
altitude  
sickness."**



ENERGY



ALTITUDE

REQUIREMENTS























**EAT ENOUGH**





**EAT REGULARLY**



**MAINTAIN  
PERFORMANCE  
DIET**



A group of soldiers in military uniforms are running in a field. The soldiers are in various stages of motion, with some in the foreground and others in the background. The background shows a hilly landscape under a clear sky. The overall tone is energetic and focused.

**HIGH  
CARBOHYDRATE  
SNACKS**



**DRINK  
WATER**









**EXTREME  
CONDITIONS**

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